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Panoply panorama panpipe pansy aha pansexual: knowing no boundaries of sex or gender, sound interesting? Then join Sally on Sundays at noon for out of the pan. All those gender questions making you think too hard? Whether it's transgender bisexual polyamorous or beyond we'll throw those questions into the pan and cook up the answers for you. So go on push that gender envelope. Only on 3 CR 855 am digital and 3 CR dot org dot au.

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3 CR broadcasts from the lands of the Kulin nations at the intersection of the contested lands of the Wurundjeri and Bunnerong peoples and we pay respects to elders past present and emerging. Hello to any Aboriginal Torres Strait Islander First Nations people tuning in today and with knowledge that all the lands were stolen and never ceded always was and always will be Aboriginal land.

I'm Sally Goldner. I am the host for the show. I use the pronouns she and her and welcome to his listeners of all genders including but not limited to ladies and gentlemen. Good to be with you on what is a sunny Sunday afternoon as I go live here in Melbourne Naarm. Well, I'm going to get it out of the way with at around 8 minutes past as maybe we're tapping into some northern hemisphere SummerSlam vibes. There is the wrestling reference. It's done. Got it out of the way early because we couldn't after last week's show where we did talk, a lot about how Hulk Hogan perhaps I'll try to limit the wrestling stuff a little this week, a lot anyway. Thanks to James and the crew from out of the blue diving deep for the marine news as they do every Sunday morning from 11:30, till noon, always great, informative news about marine news nature and environment on out of the blue part of amazing range of programming on 3 CR.

If you want to get in touch with this program called out of the pan which covers pansexual issues you can do so by lots of modern means of technology and so our more traditional one, see where technology diverse we what is it? We tolerate people's technology choices or something like that and you can get in touch with us on out of the pan 855 at gmail.com you can SMS 6 1 4 5 6 7 5 1215 I'm on Twitter mastodon on Bluesky and Instagram at Salgoldsaidso and that's the bottom line. And look for posts on Facebook. My page, Sally Goldner and out of the pan 3 CR 855 am Melbourne. Remember any opinions I express on the show on my own and the traditional means of communication, we're not forgetting you. PO Box 1277 Collingwood 3066 don't think we have a fax; I don't think anyone checks that either.

There will be some point in the show today and the need for a broad content note covering in really relate to what I consider to be probable, transphobic media coverage of a event that is in the news. So I will give the numbers for Q life, including switchboard in Victoria and Tasmania 1-800 1845 27 and rainbow door. One eight hundred seven to nine three six seven and we

I opened up today with overtake Me baby from the Wolf gang and a track from their Fantastic bum many years ago. Now called what's cooking an appropriate album to play on out of the pan

or out of the pan aside. Like sometimes like to call it and overtake me, baby. I thought I'd also start with something that just came my way this morning, and I thought was genuinely positive. And so we're going to hit the hit the buttons.

And see if we can make everything work with what was a nice little clip that came my way. If I can get it to come up, it was just something positive and thoughtful about leadership. And I think we're needing that those sort these sorts of thoughts quite a bit at the moment in a world that perhaps isn't as positive and doesn't have what I would call.

All Quality leadership in my humble opinion. And I think that this little one from government, JB Pritzker in the USA which puts he's the governor of Illinois. I would perhaps just asked you to listen to this for a couple of minutes and see what you think.

Want to be successful in this world you have to develop your own idiot detection system as part of the responsibilities of being your commencement speaker. I'm going to share mine. Sure. I'm naturally suspicious of people who never saw the original Star Wars movies, and even more cautious of people who loved the prequels and the sequels,

But I admit this is not a reliable, idiot indicator know, the best way to spot an idiot Look for the person who is cruel. Let me explain when we see someone who doesn't look like us or sound like us or act like us or Love Like Us or Live Like Us. The first thought that crosses. Almost everyone's brain is rooted in either fear or judgment or both. That's Evolution. We survived as a species by being suspicious of things that we aren't familiar with.

In order to be kind, we have to shut down that animal Instinct and force, our brain to travel a different pathway, empathy and compassion are evolved states of being. They require the mental capacity to step past our most Primal urges. This may be a surprising assessment because somewhere along the way in the last few years, our society has come to believe that weaponized cruelty is part of some well-thought-out master plan.

Cruelty is seen by some as an adroit cudgel to gain power, empathy and kindness are considered weak.

Many important people. Look at the vulnerable, only as rungs on a ladder to the top. I'm here to tell you that when someone's path through this world, its marked with acts of Cruelty. They have failed the first test of an advanced Society. They never force their animal brain to evolve past its first instinct. They never forged new mental Pathways to overcome their own instinctual fears and so, they're thinking and problem-solving will lack the imagination. And

Activity that the kindest people have in Spades over my many years in politics and business. I have found one thing to be universally true. The kindest person in the room is often the smartest.

If you want to be successful in this world, what a nice way to, I think to start the program in a world that sometimes, excuse me wants to sneak know, I will live to Air and a world that sometimes seems to be falling short on kindness. I think we need to look a little more of that. Well, done, Governor JB Pritzker. I thought that was, you know, just yeah, well, well, thought out, And thanks to my friend Lindy who said me that clip this morning. Wow. So what do you think? Do you think the question is I think I would like to think that most 3 CR listeners would probably agree with that possibly even most humans would agree with that. But the question is

what's you know, he's hit it on the head, people aren't evolving. So you know, maybe maybe don't evolve, etc, etc. What stops them evolving, but more to the point.

In a world that sometimes I'll say, can be perceived as lacking in kindness and this, of course, goes right to the heart of issues affecting out of the pan. And so many other shows, on 3, CR freedom of species at 1:00 talking about all things, vegan vegetarian, animal advocacy, how we treat animals, for example, often, not kind of course, you know, you know, I look at all the shows on how we treat workers, 3, CR and Union shows. How do we get that kindness back?

It's an interesting question and I mentioned thing to talk about the context of 3 CR shows because it's now public knowledge that we have achieved our entire radiothon Target and there's still a couple of fundraisers to come in. Please still support them and support those particular shows so we can have a proverbial Clean Sweep I suppose. But how do we put that? Get that kindness back and particularly in a day and age where spin

And illogical sort of well, you know, things that just seem to defy Common Sense. Yeah, sort of seemed to have fallen by the wayside. So, welcome your thoughts listeners. And, you know, let's see what you have to say on this, in the meantime, here's some music from well, one of my favorites. Colin Hay

Who has put out. Well, he's called it man at work Volume 2, which is reworked versions of Men at Work and Colin Hay songs over the years and I like the fact that colon doesn't just put out you know, or doesn't just put out Greatest Hits where he puts out the same songs. Again, the already have, he does slightly different versions. And this one was always one of my favorites. It was from an album called Colin, Hay band in 1990 and where he took us.

Slightly more almost, well, sort of UK folk Direction, but not in an electric sort of way, not an acoustic sort of way, and this one was called into my life. Let's have a listen to Colin Hay on 3. CR 855 am 3 CR Digital 3, CR dot org, dot Tau 3 CR on demand out of the pan with Sally

Greenleaf weekly radio, it's the people's voice committed to human and civil rights environmental sustainability, democracy, and equality. There is one newspaper that is independent of powerful interests, and that's Greenleaf weekly it. Presents ideas, mainstream media won't, it exposes the lies and distortions or the power Brokers and helps us to better understand the wall around.

This is the leading source of local National and international news analysis and discussion and debate to strengthen the anti-capitalist movements tune in every Friday morning at 8:00 a.m. on 3, CR.

Living with arthritis. Can bring tough questions? How do I manage the pain? What treatments work. Will it ever get better? It can feel overwhelming. That's why the arthritis in bowline is here to help. It's a toll-free service with trained staff who understand arthritis, and can provide answers support and resources. If you're living with arthritis or caring, for someone who is call 1-800 IW 1041 or visit arthritis, Australia.com dot slash info line. You don't have to face it alone.3. CR supporter.

Indeed 3 CR 855 am 3 CR Digital 3, CR dot or dot a. You 3 CR on demand out of the pan with Sally first broadcasting known through one every Sunday afternoon and the mentioning of green left weekly, reminds me to mention the 21st, annual green left, comedy debate, which comes up this coming week on the 9th of

And August at Saturday this Saturday night at Brunswick Town Hall in Melbourne MC, Tom Ballard Ballard. I beg your pardon he could sing and do a ballad to know it's a Ballard, beg your pardon he'll child. I'm Nikki Barry. Surely Hood, Rose Callahan. Sarah Bartolo and David Fouls so some Classic Fun left. Progressive comedians, there are great cause indeed 632 10:30.

Next, Saturday night at Brunswick, Town Hall 233 Sydney Road. So yep. Get yourself into that one. So yeah. Kindness in leadership. Well, you know, we need more of it. How do we get it back? I mean, you know, sort of, in a day and age where you think just putting it out. You know, you sort of try to count with their sort of fact and humanity and sometimes it just seems like you get, well, people get rubbished for doing that.

And people make up silly things. It's sort of not an easy thing to do, but there's lots of ways, indirectly, you can inspire people with kindness lie in a strange way, had something happen yesterday. Now, I don't, this is where I'm going to mention wrestling in context. It's at a wrestling event yesterday and one of my colleagues came up to me and said, I've got a book for you and I thought, oh, I didn't what book on wrestling has he put out no, his footy Club did a pride event and I have a copy of the

Dream life Zine in right now, literally in my well, they're reasonably warm but not too hot, little hands or big hands, or whatever size that we're not sizeist on this show. Dream, life Zine was created on Aboriginal and Torres. Strait Islander land across the continent of so-called Australia and dream life was made on a number of countries and it's a great series of short bits of writing from a range of people and interviews. There's a sit-down with Georgie Stone.

Trans bodies edges and unknowns Navarro's is in queer dreams, just to two names in there, singing, Mama Alto, mentioned a dream life beyond advocacy young and gender-fluid by re. So I haven't obviously hadn't been quite had a chance to read this cover to cover yet, but it certainly is sort of, you know, is

You know, I've got lots of great reading and writing are writing in it and a and a sort of looks like a great range of people. The thing is it is if there is perhaps a gap and I'm not going to you know, everyone has a right to their space that it's sort of a Zine by

It's people and I've fought by young people. Yes. It's a partner project of the dream. Life Georgie Stone and Netflix, documentary, sort of put directed by Meyer Newell and so it's there for young people. You know, how do we get older and middle cohort, people's voices in there? You know, I think we're needing visibility at the moment. This middle cohort issues, been raging around.

A long time and is trans people you know sort of come out near the he's football, say For Better or Worse, some degree of Greater visibility that was the thing that got me. So maybe someone else has to do that project. Maybe it has to be me, you know? What is it? If it has to be, it is up to me or something like that. I'll think about it. It's a honey. I've got this book yesterday, but lots of great sort of work in there. There's as I say there's a chat with Georgie Stone, which is

Awesome. And yeah so yeah I think that's always good to see Georgie a prominent trans person in Australian history of so-called Australia sort of well-known for more, not so much at the time but publicly. But now since being 18, can she was someone who fought for Trans better access for much needed medications for Trans young people in.

Hi, in high-level courts in this country, of course, has been on neighbor's all sorts of things spoke to the National Press Club. Awesome young person, regardless of however, Georgie wants to describe herself in terms of whether that's trans woman or trans or woman or whatever else. So very, very inspiring person and I think gave us hope at a time when the

Yeah, sort of when we weren't getting it. So there's someone who's I suppose acting with some kindness in a very sort of spy being themselves and maybe that sounds. So maybe we've just got to be ourselves. I'm not saying what's not the answer. It's an answer, like your answers on, what we need to do to get kindness and empathy back on the agenda of apart from living by example. How can we do it? Maybe it's having this conversation.

Which is a flying start, no clear-cut answers. Anyway, let's have some more music with some think music perhaps while we do that and here's a track just to get us. Well we'll get us moving, get the brain dancing, so to speak and from Dire Straits and this was originally on an EP in the 80s, and then here's a live version.

From the Alchemy live album that came out in 1985. If we can find us having one, it's my own computer. Today, it's having the moments including I should add putting the mute button on the track that I wanted to play a little while ago which thankfully is gone. Here we go, Dire Straits, two young lovers from Alchemy in 1985, get up and dance, and move around.

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And we just heard from Dire Straits from Alchemy in 1985 and two young lovers, they put out a dance, EP twisting by the pool in between, just after love over gold, which was a very wonderful album, but a bit intense at times with long, album tracks that were generally slower and that was their sort of counter balance to it. So, yeah. A wonderful track indeed. Well, this is what I'm going to raise the content, Note 4.

Transphobia and I'll say better say alleged transphobic media coverage and that sort of thing because the appeal by people in relation to the tickle in relation to a certain case comes up next week, we tickle versus giggle is being appealed, which is disconcerting.

What do I mean by that? So the was the case of Roxy, tickle, a trans woman who was denied party, who has, who, let's say, I her participation was eventually removed in an app called the giggle app for women and various things said that she was a man and that was last year found to be a breach of Australia's sex discrimination.

Nation act. Well, it's now being appealed by the losing parties and a lot of people have intervened and the way the media coverage comes in. It seems, there is a lot of one-sided coverage by will say a commercial, media particular, one particular commercial media. Outlet that in my opinion, is not looking after things. Now, regardless of that, first thing is to stay safe. Don't go looking for it. I'm not going to give that

Outlet any media space if you're really, really interesting, really, really interested. I suppose you can message me and I'll tell you what it is. You could you might be able to guess you might not and some of the things they've been saying it just left me. Well, gobsmacked for example, one

particular group that last I saw had been registered as a hate group, is called a respected LGB group.

Don't think so. So and there's been pretty well attempts. I'll say it character assassination on prominent advocates in this country. Now whether you know, sort of I agree or disagree with those Advocates, all the time is not point. The fact that they're sort of really trying to dig up anything and desperate. For example, one Advocate is has referred to having a long-standing friend.

With rocks. Equal, people in the queer communities, who are active in somewhat will say upfront. Usually get to know each other. So, what they might be friends as well, do you really have to wonder why this is such, you know, warranting articles also been attacks on organizations, you know, sort of calling out things, which show in my opinion, or lack of understanding of the not-for-profit and charitable sectors in this.

Country. So a very complex, you know, sort of just it don't really seem to get to the heart of the issues. And you know, the thing is, the court does the last court decided that under Australia's 2013, 6 Discrimination Act that are trans woman was a woman and yet these newspaper articles don't really seem to be focusing on that. Now, one can speculate, I'm only going to speculate in terms of the newspaper articles though, perhaps they're

Diversion tactics of some sort and to not talk about the case and avoid. What a very carefully, thought-out judgment found, I don't know but the thing I would say is this is why, you know I mentioned this week be careful when you're listening to these reports, some of them may be good, some may not be just be careful, remember that services like he life and switch border out there here in so-called Victoria Thorn Harbor, Health, drum, and street services.

Your community health are there, make sure you've got friends around you if you need them, but I've obviously not going to comment on the case itself. I'm giving that it's a case before the courts, that would not be appropriate. But apparently, it's due to the legal proceedings will happen this week, for probably four days Monday to Thursday. When we, when the Judgment comes down, you know, sort of, nobody knows of course at this point.

Obviously, it will need to be considered in a ruminated upon their in. So just be careful out there in, as always, in medial and this week, because it could be a bit, the key sort of, it's an interesting one, the tactics that made you use, just trying to whip up people's emotions on money and attack the person. Not the issue. I still have sitting on my bookshelf.

A book from my school studied called stand to reason, which looked at, you know, sort of rational argument diode, don't attack the person copying on the issues, you know, sort of try to avoid willful, emotion and all that sort of thing or emotional diversion tactics. And well linking into a topic of kindness nowadays, it doesn't seem like there's a lot of that and people will act of course, their own motives. There will be elements.

It media who are desperate for Ratings points, click bait, and what's left of newspaper sales, they'll be politicians playing their games. There will be people who have a real sense of religious superiority and they'll be some people who genuinely believe some of their views that would this program and probably most trans people would call anti-trans and you know, but the thing that sometimes you just can't get a direct answer out of

Out of them. And this is what I mean by that, is that a lack of kindness? Well, it's their emotional blockage if there are people like that if someone's been violated, that's horrible. But don't take your pain out on trans people when trans people haven't done anything to you. You know, if there's a problem with badly behaved men who, you know, in such a large percentage of cases, violate the violators of women, I never hear the so-called gender critical people, go.

About, you know, the behavior of men, more broadly, it always seems to go on about trans trans or is that someone's way of emotional manipulation should be reminded that a tooth out. In 2018, a right-wing American organization said in its on the near. The last time I looked that the bathroom debate was quote a debate that they created to quote deliberately whip up emotion so be aware. You know. I think that we need to just keep calling

In that out and also in line with our theme for today is, you know, sort of attacking a whole group and stereotyping them something that's coming from a place of kindness. Most likely not trans. People are not a threat to women. Trans women are not a threat to women. We're just trying to live. So are they? And I think there's some sort of wedge tactic because someone from looking at this from outside said, when they heard some of the so called gender, critical views isn't patriarchy, the problem? Yes, it is. And

So many people all of trans and gender diverse. So many women one way or another are affected by patriarchy. And for some extent, of course it limits, good men, you know, sort of who aren't the in inverted, commas, big, you know, sort of ultra much oh types. So yeah, let's call out, call out the real debates and get it back on our playing field in the meantime. Let's also have a listen to a track that came my way.

Through the various channels that come my way, which sometimes I get, sort of advice of music. And this one seemed quite nice to me, it's called, it's called sorry. I'm having a moment with the computer again, poison and wine a song for anyone who struggles with

Vulnerability. And so I thought that's something we could talk about on this show and talk about kindness. Let's have a listen to it. It's featuring Kaya Mercedes C see Carly and choir. Mercedes are the credited artists and artists. So sitar Lemak, let's have a listen to poison and wine 3 CR 855 am 3 CR Digital 3, CR dot org dot a. You 3 CR on demand out of the pan with Sally

Out of the pan. Thanks. Go kindly for their sponsorship of this program. Go kindly creates high quality locally made bedding donating, 50 percent of profits to support women and gender diverse. People experiencing housing straps check out go kindly Dot com.au and take their pillow. Quips

Trans family is a not-for-profit organization. Providing a peer support group for loved ones, including parents, siblings extended family, and friends of the trans and gender diverse person. Trans family runs discussion groups in person. And online, we offer a safe space to share your experiences. Ask any questions regarding your situation.

And provide peer support. We are especially Keen to hear from loved ones in Regional and Rural Victoria donations to trans family are tax deductible. For more information, visit trans family dot org, dot a you or look for us on Facebook, trans family is a 3 CR supporter.

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means it's nine minutes until freedom of species. And they have as always a Fab gooiest, as I like to call it the term, I like to use on today. They have on the show today.

So Meg Edge and the conversation will cover straight edge and that Meg was a vegan athlete. So that's certainly something to look forward to always great conversation with the crew from freedom of species rotations at to in the musical situation of things. 3:00 queering year, more great, queer work with Madison and Co and then salaam radio.

Show it for great diverse listening on 3 CR and thanks once again to everyone for their support of 3 CR radiothon that great to see that the station is rocking and rolling away for another year. Well, just about out of time today on the show and prior to the messages we heard from

As I say from CT, seating, Howard, Koh and poison, and wine would local track there. And we also heard messages from trans family, declaring my interest, as a Committee Member there upon the next support meeting Saturday week. Usually a, but allowing for public, holidays and Grand finals and other things, the third Saturday of the month, but all I check in with trans family. If you are a loved one of a trans person, it's the place for you to get the support for you. So you can therefore be

Intern more supportive of your trans. Loved one trans people, perhaps slip, a note under your loved ones, pillow or something, which reminds me, of course of our sponsor go kindly pillows, supporting the trans and gender diverse Community, totally unplanned. There we go. All right. Yeah, so lots of there is plenty of support out there. Of course we always wish there was more and we know that there are

Parts intersecting parts of the community who may not have enough. But you know, we also know that there is lots of support out there. Once again, you know, if you ever need the numbers for Q, Life 1 888, 4527 around, our so-called Australia, including switchboard in Victoria and Tasmania rainbow door. One eight hundred seven, two nine three, six seven.

Well, I suppose it's that time of the week where said seems to be the case, I comment on my ongoing journey of newly discovered, autism and ADHD. And by newly discovered, newly self recognized might be a better word and had a chat during the week, some one-on-one of the autism support lines, who was an older person and yes, you know, sort of your brain does tend to well melt trying to be or Relic / neurotypical you know, sort of

So long, which can be very, very difficult to manage and you wonder what's going on. Because if you haven't got that piece of Jigsaw, how do you fit everything back together? And that's why I'm going to be keep talking about this for a while, you know, the last few years have been very difficult in terms of mental health, and now some funk, no Center of least turned the corner and begin beginning to get some functioning back, you know, sort of, it's what?

It's a big relief, but I don't want anyone to go through what I have been through in the last few years. It's certainly been a pretty difficult time and it just surprises me that, you know, it just isn't something that's talked about more. So I'm going to keep popping these little bits in here and there on this show and hope that it reaches as many people as possible. All right, time for me to finish up Make Way for freedom of species with their guess Meg Edge, take it out today at

Struck me on a chilly morning that I'm grateful to have a roof over my head. And so those who perhaps did not have a roof or roof of their choice over them or not warm enough, I'll dedicate

this song Classic from the Rolling Stones with Mick Jagger, and of course the wonderful Merry Clayton doing the answer vocals from the late 60s, his the Rolling Stones, Gimme Shelter,